

The State Employee Group Insurance Program (SEGIP)

Invites you to enroll in a:

Diabetes Medication Therapy Management & Lifestyle Program

The Program Looks like this:

- This program provides Medication Therapy Management (MTM) for State of Minnesota employees with diabetes.
- The program helps you get the most out of your medications, save money, and improve your health
- Medication therapy management provides a thorough review of your medications, and helps you set goals, monitor progress, and work through reasons you may not be taking your medications as prescribed.
- When you enroll in the program will select a trained Medication Therapy Management (MTM) pharmacist to work with, from a network of trained pharmacists.
- You meet privately with the pharmacist to review and assess all of your
- Medications including prescription medications, over-the-counter, herbals, vitamins and supplements, and identify any problems with your current medication program. The pharmacist will work directly with you and your physician on a regular basis to ensure that each medication is appropriate, safe, and effective.
- You will meet with your pharmacist as needed but at least twice each year.
- You will also have the opportunity to complete a Personal Health Assessment and participate in [lifestyle coaching](http://www.mn.gov/StayWell) through StayWell (<http://www.mn.gov/StayWell>).

Your Participation is Rewarded

- SEGIP pays the full cost of your face-to-face consultations with the MTM pharmacist.
- Your co-pays are waived for formulary diabetes medications and formulary test supplies.
- You receive a \$50 contribution to a Health Reimbursement Arrangement (HRA) when you enroll in the MTM program. This contribution will be available to you within 30 days from enrollment and may be used for any initial lab or medical expenses.
- There is no cost to take the Personal Health Assessment and enroll in a lifestyle coaching program.
- If you complete a lifestyle coaching program, you receive an additional \$200 contribution to your Health Reimbursement Arrangement (HRA).

Enrolling is Easy

1. Choose your MTM pharmacist

Participating pharmacists are identified in the [Directory of MTM Pharmacists](#) and have met the credential standards. You can find the directory at the MTM website (<http://www.mn.gov/MTM>). After opening the Directory, read “How to Use this Directory” to search for MTM pharmacists by zip code, city, or name.

2. Enroll in the MTM Program

Make an appointment with one of the MTM pharmacists listed in the provider directory. Complete the SEGIP [MTM Participation Agreement](#) and give it to the MTM pharmacist at your first meeting. You can find the Agreement and other information and forms on the MTM website (www.mn.gov/MTM).

Questions

If you have questions on medication therapy management, check the [Frequently Asked Questions \(FAQs\)](#). If your question isn't answered in the FAQs, contact Navitus at 1-866-333-2757.

To learn more, please visit the MTM website (www.mn.gov/MTM).